VANCOUVER metro®
NEWS WORTH SHARING.

Not *stalk* stalk, editor insists

University paper's frosh-week joke article draws ire, called a harassment 'how-to' PAGE 9

Tinseltown toasts the best of television

Stars shine at Emmys. PAGE 15

THAT'D BE A WHOPPER OF A MERGER

SHARES OF BURGER KING & TIM HORTONS GET HOTTER AFTER WORD A DEAL MAY BE COOKIN' PAGE 12

Carol Todd holds a photograph of her daughter, Amanda, last month while sitting on a bench dedicated to the teenager in Port Coquitlam. THE CANADIAN PRESS

Amanda Todd's mom pays visit to Dr. Phil show

TV. Appearance means to spread awareness about cyberbullying

The mother of Amanda Todd has been on a crusade against cyberbullying since the B.C. teen's tragic death almost two years ago.

This week, Carol Todd had the opportunity to share her story with Dr. Phil McGraw and his massive, international television audience.

After being contacted by Dr. Phil producers this past weekend, Todd went down to Los Angeles on Monday for a sit-down interview with him.

She spoke about some of the key points of what happened to her daughter and "why it's so important to keep talking about it."

"It gives the opportunity to continue to spread awareness, and that's what Amanda's legacy is all about," Todd told Metro after wrapping the Dr. Phil interview Monday morning. "I would give all this up in a heartbeat because I would rather not be doing this. I would rather have my daughter with me."

Although Todd couldn't give any specifics about the taped interview due to a confidentiality agreement until the show airs, she said they discussed the loss of her daughter in front of a live studio audience.

"(Dr. Phil) was a very nice man, very understanding, very compassionate, very caring," she added. "Initially you're looking out and, in your mind, you're realizing what you're there for — and that was hard."

Todd doesn't know when the interview will air. Dr. Phil's syndicated show runs Monday to Friday in the United States and Canada.

"What happened to Amanda is so universal," Todd said. "(Cyberbullying) isn't a Canadian problem, it's a global problem. So for all of those viewers now to see Amanda's story and realize this could happen to their kid is so important."

Amanda, 15, brought cyberbullying to mainstream attention in Canada after she posted a video on YouTube in which she told her story with handwritten signs, describing how she was lured by a stranger to expose her breasts on a webcam.

The picture ended up on a Facebook page made by the stranger, to which her friends were added.

She was repeatedly bullied before finally killing herself in October 2012, weeks after posting the video, which has since been viewed millions of times.

STEFANIA SECCIA/FOR METRO
WITH FILES FROM THE CANADIAN PRESS

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Strike action

Teachers prepare to 'intensify the pressure' with ads and rallies

The union representing B.C.'s striking teachers plans to spend the final week before the scheduled start of classes increasing pressure on the provincial government by resurrecting picket lines, airing radio ads and staging rallies.

And while it's unclear whether students will return to class next Tuesday, support staff are preparing for schools to open in the event of a last-minute deal.

Teachers have been on a full-scale strike since June, though the summer has been mostly devoid of formal negotiations.

B.C. Teachers' Federation president Jim Iker used an annual teacher training conference in Kamloops over the weekend to call on the province to enter into mediation immediately.

The teachers' federation sent an email to its members that said union delegates had decided to "intensify the pressure and stay the course."

Radio ads sponsored by the B.C. Federation of Labour are set to air starting Wednesday, according to the email. The organization is also planning several events leading up to a "mass rally" on Sept. 5 outside the premier's cabinet office in Vancouver.

The email said "study sessions" would be organized if a deal is not reached by Sept. 5 and that teachers should watch for further updates.

THE CANADIAN PRESS

This is a screen grab which comes from an elevator surveillance video that appears to show Centerplate CEO Desmond Hague kicking a dog. COURTESY GLOBAL

Animal abuse video sparks online furor

Calls for boycott. CEO at centre of allegations runs company that has contracts with BC Place

THANDI FLETCHER
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A surveillance video that allegedly shows a high-profile CEO kicking a dog in a Vancouver elevator has sparked a firestorm on social media, as well as petitions for a boycott of his U.S.-based company.

B.C.'s Society for the Prevention of Cruelty to Animals identified the man caught on camera repeatedly kicking a Doberman Pinscher puppy and violently yanking on its leash as Desmond Hague, president and CEO of Centerplate Inc., one of North America's largest catering companies. Centerplate has contracts with Vancouver's BC Place and Winnipeg's MTS Centre.

Marcie Moriarty, chief prevention and enforcement officer for the B.C. SPCA, said the organization received the video, dated July 27, last week and seized the female dog, named Sade, on Wednesday.

While she couldn't comment on the dog's condition when it was found, as the case is now before the courts, Moriarty said Sade is currently doing well in their custody.

The organization is recommending animal cruelty charges against Hague, she said.

In a letter issued through his lawyer, Hague confirmed to Metro that he is the man in the video and apologized.

"This incident is completely and utterly out of character and I am ashamed," he said. "Under the circumstances of the evening in question, a minor frustration with a friend's pet caused me to lose control."

Soon after Global News released the video late Friday, angry animal lovers took to social media, calling on PavCo — which operates BC Place and the Vancouver Convention Centre and has a contract with Centerplate — to boycott the caterer.

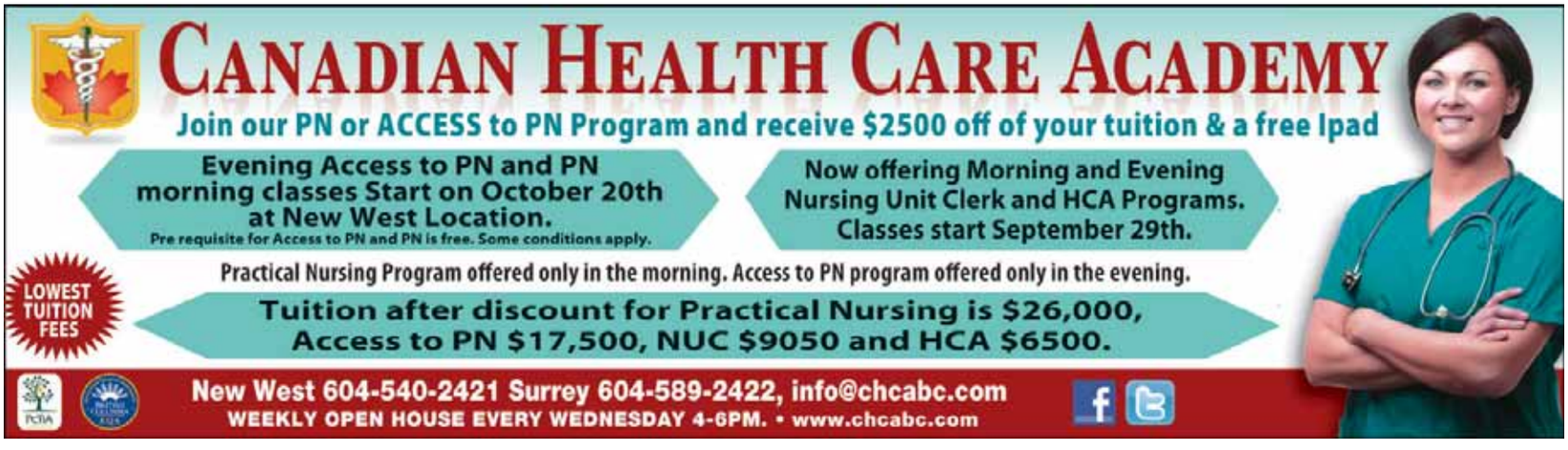
As of Monday, more than 400 people had signed a boycott petition, while another petition calling for Hague to receive a lifetime ban on owning animals fetched almost 1,000 signatures.

In a statement, PavCo said the corporation is "deeply concerned" by the video.

"Centerplate employs hundreds of people in B.C., and this incident is in no way a reflection of (their) high quality of service," the statement read.

None of the allegations against Hague have been proven in court.

The video can be seen at http://tinyurl.com/ntwaf2r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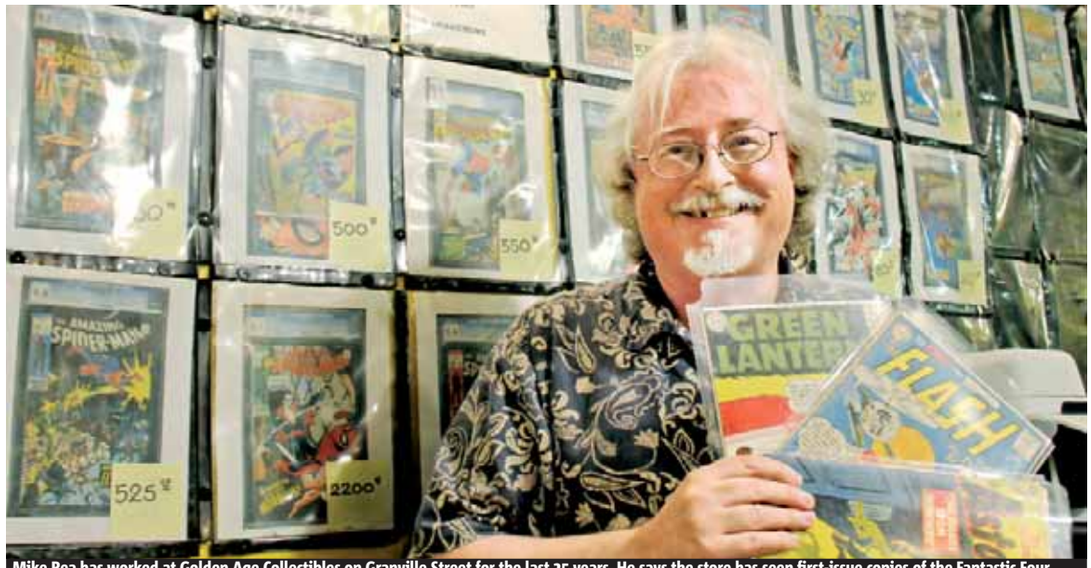

Mike Rea has worked at Golden Age Collectibles on Granville Street for the last 25 years. He says the store has seen first-issue copies of the Fantastic Four, Amazing Spider-Man and Amazing Fantasy No. 15, among others. STEFANIA SECCIA/FOR METRO

Vancouver comic shops cashing in on demand

Resurgence. 'The nerds have taken over,' says one proprietor

STEFANIA SECCIA
vancouver@metronews.ca

When the authors of Action Comics No. 1 penned Superman's debut in 1938, they probably never suspected 76 years later it would become the highest priced comic ever sold at $3.2 million US.

But that's exactly what happened on Aug. 24, at the close of an online eBay auction for a pristine copy of the Superman debut comic.

Over the past few years, comics have surged in popularity and value, according to some Vancouver experts, thanks to movies, TV shows and publishing houses trying to captivate a wide range of new readers.

"We literally sold probably close to a million comics over the last couple of years," said Jeremy Dodd, of Vancouver's Able Auctions.

Able Auctions is constantly coming across local collections, and even picked up 30,000 comics on Monday, Dodd said.

Recently, a Kelowna couple contacted the auction house after being left a large comic book collection from a deceased relative. In the end, the couple received $50,000.

"We have people all the time calling us up, they've been left something by a grandfather or a father or an aunt or a cousin," Dodd added. "They have no idea what they have."

Pete Turcotte has been in the comic book business for the last 24 years with his store Big Pete's in North Vancouver. He recently stumbled upon about 70 comics from the same era as Action Comics No. 1, but with characters such as Bugs Bunny.

About 28 of those comics sold for $41,000, he added.

"I think we're definitely in the middle of a pop culture surge," Turcotte said about the rising popularity of comics. "The nerds have taken over the earth for sure, including myself."

More and more families have started to come to his store and scour the racks for the same characters they see lighting up their TV and movie screens.

"We have many fathers and sons that come in and they collect together," Turcotte added. "It's a big, powerful source of revenue."

Mike Rea, who's worked at Golden Age Collectibles on Granville Street for the last 25 years, said a rise in women flocking to the shop for comics has also gone up over the last few years.

"You've got a very self-conscious year at Marvel where they realize girls do read this stuff," he said. "And they're trying to focus their female characters more."

Golden Age has had many rare comics in good condition come and go, ranging from $200 to $5,000, as well, Rea added.

"It's supply and demand," he said. "People want the older books, but there's getting to be fewer and fewer of them every year."

Bus-stop fix. New painted lines to help ease lineups

TransLink is hoping a little paint will help solve a big congestion problem at the busiest bus stop in Metro Vancouver.

Commercial-Broadway Station is getting a new queuing system this week in the form of painted lineup markings on the pavement to help make boarding the 99 B-Line easier when post-secondary students head back to campus in the coming weeks.

Painted lines are a "simple, cost-effective solution, as we work toward a permanent queuing system and shelter," according to a statement from Jeff Busby, a senior manager at TransLink.

There should be more room on the sidewalk for passersby, as the new lineups will direct people to the three bus doors. TransLink will also build an accessibility path to the front door for people with disabilities. EMILY JACKSON/METRO

Norman Riel. Convicted murderer escapes prison

Police are searching for a convicted murderer who escaped federal prison in Mission, B.C., on Sunday afternoon.

Norman Gilbert Riel, 41, was last seen getting in a white Chevrolet Suburban that was waiting for him as he fled from the Mission Federal Institution on Dewdney Trunk Road.

Mission RCMP Sgt. Shaun Wright told Metro it's unclear how Riel managed to escape, but a prisoner head count confirmed he was absent from the institution.

Riel has been known to travel to the U.S. to avoid being arrested, according to RCMP.

In 1998, Riel was convicted in the second-degree murder of Patrick Pugh, who was shot in the head during a home invasion at the victim's east Vancouver penthouse in September 1994.

THANDI FLETCHER/METRO
WITH FILES FROM THE CANADIAN PRESS

Concord Pacific takes down non-local condo ads

Concord Pacific is no longer allowed to sell condos outside Vancouver city limits from its sales centre beside False Creek. EMILY JACKSON/METRO FILE

False Creek land zoned as park. The company has been using it for parking and special events

False Creek residents were rankled this weekend to see parked cars and Burnaby condo ads on Concord Pacific's property almost a month after the city outlawed both uses for the land.

But that was the last weekend the lot, which will eventually become a park, will be used for parking, Concord Pacific spokesman Peter Udzenija said Monday.

The city gave the developer a phase-out period to take down advertisements for properties outside Vancouver and stop charging for parking, Udzenija said.

The city buckled down on use of the property after a group of residents filed a lawsuit against it in May alleging the land is zoned as a park and any other use is breaking the rules.

Concord has routinely used the land for parking and special events including Cirque du Soleil, netting the developer about $600,000 each year.

It was a "fair expense" to take down the lettering and change the signage, a process that should be done by the city's deadline of Tuesday, Udzenija said.

Instead, Concord will use the sales centre to market projects by the Cambie bridge and adjacent to the property. Projects in other municipalities will be sold from its Surrey or Richmond sales centres.

EMILY JACKSON/METRO

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Police chiefs take no side on demand for inquiry into murdered and missing aboriginal women

The head of the Canadian Association of Chiefs of Police says the number of missing and murdered aboriginal women is "on the radar" of the country's law enforcement leaders.

But Chief Const. Jim Chu of the Vancouver Police Department, who is the association's outgoing president, avoided taking sides in what has become a highly politicized debate over the need for a national public inquiry.

Hundreds of the nation's top police officers gathered Monday for the start of their annual general meeting in Victoria, where Chu said the association's policing with aboriginal people committee had already met for a couple of days to discuss the issue.

"They've had an extensive discussion on it," said Chu, referring to the committee.

"One thing that hasn't happened is, the groups that are calling for the national inquiry have not asked us to support their request … The details on the nature of the request and the nature of the inquiry, we need to get them."

Chu said the association will reach out to the Native Women's Association of Canada and other groups to get those details.

"And then we'll come out with a position," said Chu.

The death of teenager Tina Fontaine in Winnipeg has renewed calls for an inquiry.

The body of the petite 15-year-old was found Aug. 17, wrapped in a bag and dumped in the Red River. She had been in Winnipeg less than a month when she ran away from foster care.

Hers is the latest name on a list that the RCMP says includes 1,181 cases of murdered or missing aboriginal women between 1980 and 2012. In a report released earlier this year, the force said aboriginal women make up 4.3 per cent of the Canadian population, but account for 16 per cent of female homicides and 11.3 per cent of missing women.

Michele Audette, president of the Native Women's Association of Canada, seemed disappointed that the national chiefs shied away from a stance.

She said she would put in a call Tuesday to specifically ask for the association's support. THE CANADIAN PRESS

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Iran claims it shot down Israeli drone

This undated photo, released Monday by the Iranian Revolutionary Guards, purports to show the wreckage of an Israeli drone which Iran claims it shot down near an Iranian nuclear site over the weekend. A brief video, aired on the Arabic-language Al-Alam TV, shows what the channel says are parts of the drone, scattered in an unidentified desert area. Israel's military has refused to comment on the matter. SEPAHNEWS/THE ASSOCIATED PRESS

Untested Ebola drug fails to save doctor

Potential vaccine in process. Canada says it is working with WHO to distribute doses

A Liberian doctor who received one of the last known doses of an experimental Ebola drug has died, officials said Monday, as Canada said it has yet to send out doses of a potential vaccine that the government is donating.

The experimental vaccines are at still at a Canadian laboratory, said Patrick Gaebel, spokesman for the Public Health Agency of Canada, who declined to speculate how many weeks it could be before those are given to volunteers. "We are now working with the (World Health Organization) to address complex regulatory, logistical and ethical issues so that the vaccine can be safely and ethically deployed as rapidly as possible," Gaebel said.

Only six people in the world are known to have received the untested drug known as ZMapp. The small supply is now said to be exhausted and it is expected to be months before more can be produced by its U.S. maker.

A Spanish missionary priest infected with Ebola also received the treatment but died. There was no update given on the two other Liberians who took the last known available doses of ZMapp.

Meanwhile, the family of 29-year-old volunteer nurse William Pooley, the first British citizen confirmed to be infected with Ebola, said he is receiving excellent care at an isolation ward in London's Royal Free Hospital after being evacuated from the capital of Sierra Leone. THE ASSOCIATED PRESS

Most vulnerable

Ebola can be transmitted only through direct contact with the bodily fluids of the sick or from touching victims' bodies, leaving doctors and other health care workers most vulnerable to contracting it.

- International relief efforts have included shipments of gloves, gowns, face masks and other protective equipment, although it's not clear how many have reached health workers struggling to contain the epidemic in West Africa, where even such basics as sterile fluids can be in short supply.

Ebola treatment

Anti-influenza drug from Japan the answer?

Japan said Monday it is ready to provide a Japanese-developed anti-influenza drug as a possible treatment for the rapidly expanding Ebola outbreak.

Chief Cabinet Secretary Yoshihide Suga told reporters that Japan can offer favipiravir, at any time at the request of the World Health Organization.

The drug, with the brand name Avigan, was developed by Fujifilm subsidiary Toyama Chemical Co. to treat new and re-emerging influenza viruses, and has not been proven to be effective against Ebola.

Favipiravir was approved by Japan's health ministry in March for use against influenza.

Company spokesman Takao Aoki said Ebola and influenza viruses are the same general type, and a similar response can theoretically be expected from Ebola.

The company has enough stock of favipiravir for more than 20,000 patients, Aoki said.

Several drugs are being developed for the treatment of Ebola. They are still in the early stages and there is no proven treatment or vaccine for the often fatal disease. THE ASSOCIATED PRESS

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Prime Minister Stephen Harper stands on the bow of the HMCS Kingston as it sails in the Navy Board Inlet on Sunday. ADRIAN WYLD/THE CANADIAN PRESS

Harper joins the search for a piece of Canadian history

Franklin expedition. PM, during his tour of the North, gets a look at the tools being used to solve the mystery of doomed 1845 voyage

The final resting place of the lost ships of the Franklin expedition may remain a mystery for at least another summer.

A thick pack of sea ice is blocking a key part of the search area, making it inaccessible to ships.

The two ships of Sir John Franklin's doomed 1845 expedition — HMS Erebus and HMS Terror — are believed to be somewhere in the Victoria Strait off the west coast of King William Island, perhaps as far down as the Queen Maud Gulf off the Adelaide Peninsula.

Ryan Harris, an underwater archeologist who is one of the people leading the Parks Canada search, says it's only a matter of time before the remnants of the expedition are found.

Four vessels are leading the search this summer, and Prime Minister Stephen Harper, who is on his annual tour of the North, got a first-hand look at some of the tools being used.

He boarded a naval vessel at Pond Inlet that travelled west to Eclipse Sound. Upon arriving at a picturesque spot surrounded by ice-capped mountains, Harper and his wife, Laureen, got in a Zodiac and motored out to one of two gigantic icebergs towering in the water.

The prime minister then helped lower an autonomous underwater vehicle into the frigid water.

It was the closest Harper had ever been to an iceberg.

"I've never been that close to a big chunk of ice. It's huge," he said. "That was great. Really exciting."

Harper said the lost Franklin ships are an iconic piece of Canadian history.

"It ultimately isn't just a story of discovery and mystery and all those things — but it's also really laying the basis for what's in the longer-term Canadian sovereignty," he said.

"Because it's a mystery, and we've got to solve it."

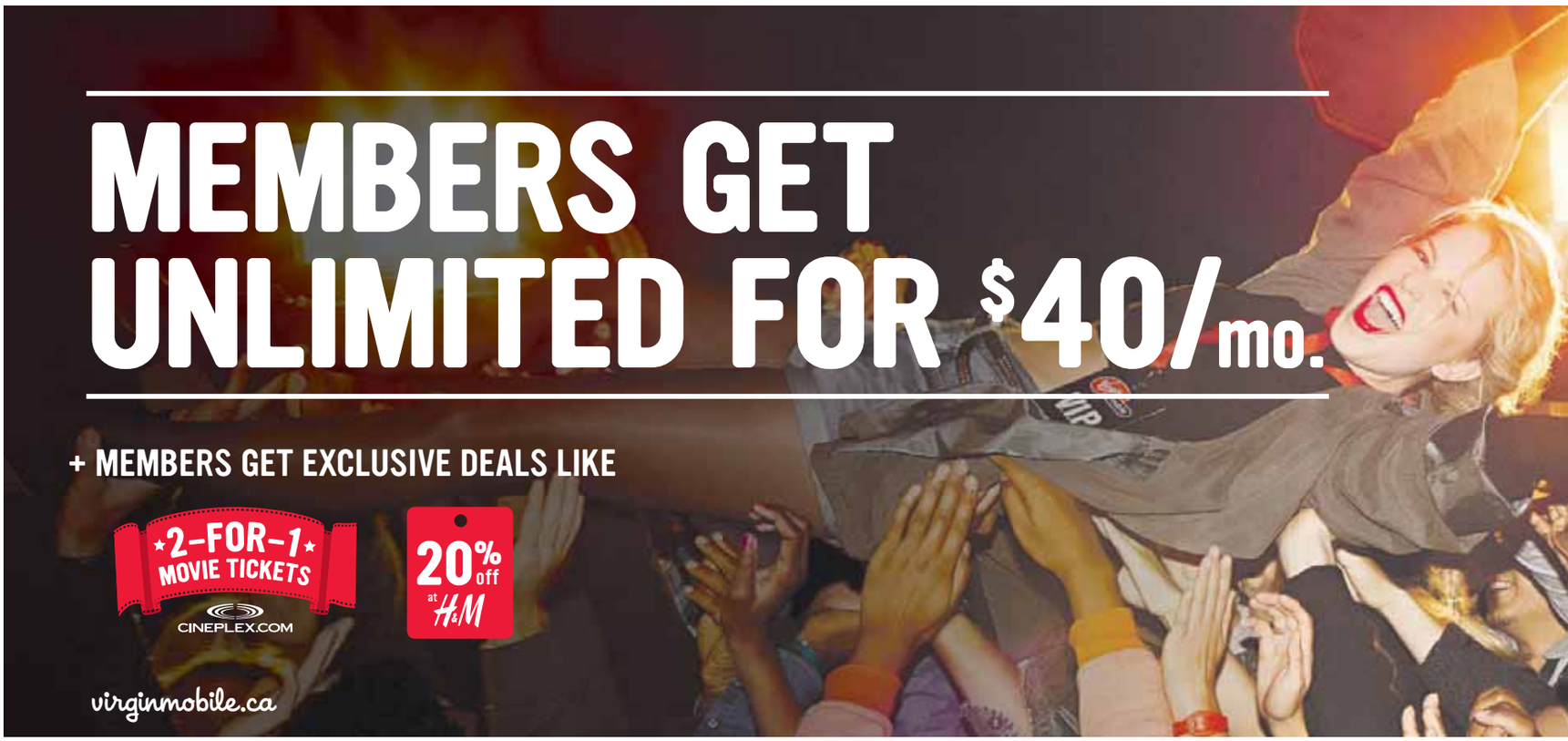
THE CANADIAN PRESS

A local student takes a selfie with Prime Minister Stephen Harper as he arrives Monday in Pond Inlet, Nunavut. ADRIAN WYLD/THE CANADIAN PRESS

Quoted

"One day we're just going to come around the bend and there's going to be the ship and Franklin's skeleton slumped over the helm and we're going to find it."

Prime Minister Stephen Harper, expressing confidence that the vessels would soon be found



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Tranquilizer put to use to catch loose moose

A young moose stands behind a window in an administration building of Siemens in Dresden, Germany, on Monday. The moose evaded capture before getting stuck inside an office building, tantalizingly close to the canteen. A spokesman for the Dresden police said the young bull walked into the building housing German industrial giant Siemens shortly before lunch. Marko Laske said officers and wildlife officials spent six hours trying to shoo the moose into a container, but eventually had to resort to using a tranquilizer gun after he refused to follow orders. The animal, likely to have come from neighbouring Poland, will be released back into the wild. Scan the photo with your Metro News app to see a video of the stuck moose. ARNO BURGI/DPA/THE ASSOCIATED PRESS

Ontario university newspaper's 'stalk' your TA article called a 'how-to' for sexual harassment

Western Gazette. Editor-in-chief stands by frosh week article, says it wasn't intended to be taken literally

MIKE DONACHIE
Metro in London, Ont.

A suggestion that students should "stalk" graduate teaching assistants to get a date with them has landed Western University's student newspaper in hot water.

The editor-in-chief of the Western Gazette in London, Ont., is standing by his frosh week issue and refusing to apologize, despite an explosion of anger on social media.

Under the heading "do your research," the Gazette article says: "Facebook stalk and get to know your TA."

Editor-in-chief Iain Boekhoff insists the article isn't sexist and is part of a humorous section of the paper, but others are offended by the piece, and continue to demand an apology.

London marketing professional and cartoonist Diana Tamblyn said she was "appalled."

"It's a step-by-step breakdown about how you would get the attention of your teaching assistant if you have a crush on them in class, and it's in the special frosh week edition of the Gazette," she said. "If you're talking about sexual harassment on campus as a how-to list, this is a real problem that exists every day."

Tamblyn wants the article disposed of, online and in print, and an official retraction.

Western University's Janice Deakin, provost and vice-president academic, has written to the Gazette to express her displeasure with the teaching assistants article.

"Not only does the spirit of the article run contrary to Western's efforts to have a workplace and learning environment that is free from sexual harassment," she wrote, "it is disrespectful of the essential contribution graduate teaching assistants make to Western's academic mission."

On behalf of the Gazette, Iain Boekhoff said frosh week brings a special issue that includes light-hearted content, like the teaching assistants article. He insisted he doesn't need to apologize because the article wasn't sexist and was even gender-neutral.

"I don't regret publishing it," Boekhoff said. "I regret that it caused offence to so many people, and it wasn't well received by some people."

As for the word "stalk," Boekhoff said, it was never intended to be taken literally and the Gazette's readership would understand that.

"'Facebook stalk' is a common term for students and is not a malicious term in any way," he said.

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Thousands pack church in St. Louis to mourn slain teen Michael Brown

'Break for funeral.'
Father asked protesters for a 'day of silence' on Monday to let the family grieve

Lesley McSpadden, the mother of Michael Brown, cries during her son's funeral at Friendly Temple Missionary Baptist Church in St. Louis on Monday.
RICHARD PERRY/NEW YORK TIMES/THE ASSOCIATED PRESS

The mourners filled an enormous church to remember Michael Brown — a "gentle giant," aspiring rapper and recent high school graduate on his way to a technical college.

But the funeral that unfolded Monday was about much more than the black 18-year-old who lay in the closed casket after being shot to death by a white police officer.

More than 4,500 mourners filled Friendly Temple Missionary Baptist Church in St. Louis for the service, which at times seemed like a cross between a gospel revival and a rock concert. The emotional service sought to consecrate Brown's death as another in the long history of the civil rights movement and implored black Americans to change their protest chants into legislation and law.

The Rev. Al Sharpton called for a movement to clean up police forces and the communities they serve.

"We're not anti-police. We respect police. But those police that are wrong need to be dealt with just like those in our community that are wrong need to be dealt with," Sharpton said.

Sharpton also took the black community to task, saying it should be as upset about black-on-black crime as it is about police violence: "We have to be outraged by our disrespect for each other."

"Blackness," he added, "has never been about being a gangster or a thug."

Call for action

"Show up at the voting booths. Let your voices be heard, and let everyone know that we have had enough of all of this."
Eric Davis, a cousin of Michael Brown

Brown's death fuelled nearly two weeks of street protests in the St. Louis suburb of Ferguson. But the teen's father, Michael Brown Sr., asked protesters to observe a "day of silence" on Monday to let the family grieve.

At the Ferguson Police Department, where a small but steady group of protesters have stood vigil for two weeks, a handmade sign announced a "break for funeral."

Brown was unarmed when he was shot on Aug. 9 by officer Darren Wilson. A grand jury is considering evidence in the case, and a federal investigation is underway. THE ASSOCIATED PRESS

Police chiefs not yet asked to endorse public inquiry

Tina Fontaine's death. Murder and disappearance of aboriginal women on law enforcement's radar, says police-chief association head

Chief Const. Jim Chu, president of the Canadian Association Chiefs of Police TORSTAR NEWS SERVICE FILE

The head of the Canadian Association of Chiefs of Police says the number of missing and murdered aboriginal women is "on the radar" of the country's law enforcement leaders.

But Chief Const. Jim Chu of the Vancouver Police Department, who is the association's outgoing president, avoided taking sides in what has become a politicized debate over the need for a public inquiry.

Hundreds of the nation's top officers gathered Monday for their annual general meeting in Victoria, where Chu said the association's policing with aboriginal people committee had already met for a couple of days to discuss the issue.

"They've had an extensive discussion on it," said Chu, referring to the committee.

"One thing that hasn't happened is the groups that are calling for the national inquiry have not asked us to support their request.... The details on the nature of the request and the nature of the inquiry, we need to get them."

Chu said the association will reach out to the Native Women's Association of Canada and other groups to get those details.

"And then we'll come out with a position," said Chu.

The death of teenager Tina Fontaine in Winnipeg has renewed calls for an inquiry. The 15-year-old was found Aug. 17, wrapped in a bag and dumped in the Red River. She had been in Winnipeg less than a month when she ran away from foster care. THE CANADIAN PRESS

London, Ont.

Declared dead in 1986, missing man alive in U.S.

A man missing for almost 40 years and declared dead by the courts has been confirmed alive by the OPP.

Police discovered that Ronald Stan, reported missing following a 1977 fire in a community outside London, Ont. — later declared dead in 1986 — is alive and resides in the U.S. as Jeff Walton. The investigation was reopened in July as part of a routine case audit.

The affected families have been notified and the case is considered closed. THE CANADIAN PRESS

Denver via Chicago

Passengers force flight diversion

Two United Airlines passengers entered a heated argument Sunday as one prevented the other from reclining in their seat.

A male passenger was using the Knee Defender, a gadget that attaches to a passenger's tray table, which kept the passenger in front of him from reclining.

The gadget is prohibited by United Airlines, but when the man refused to remove it, the female passenger in front of him turned and threw water in his face. The flight was rerouted to Chicago; both were left there while their flight continued on to Denver. THE ASSOCIATED PRESS

Sask. premier: Inter-province unity key

Provinces back public inquiry. Regional governments support aboriginal leaders in wake of girl's death

Saskatchewan Premier Brad Wall says he doesn't know how long any level of government can ignore something like the murder of a 15-year-old aboriginal girl before looking at ways to prevent such deaths.

Tina Fontaine was found wrapped in a bag and dumped in the Red River in Winnipeg. Her death has prompted renewed calls for a public inquiry into the high number of missing and murdered aboriginal women.

Wall says provinces and aboriginal leaders back that call, even if the federal government isn't on board.

"I think when the provinces are united as we are, together with the national aboriginal leadership, I think there is momentum," Wall said Monday in a telephone interview with The Canadian Press.

"I think the RCMP have agreed in principle with the importance of an inquiry and I think there is momentum picking up.

In May, the RCMP released a report stating that of 1,181 cases since 1980, aboriginal women — who make up 4.3 per cent of Canada's population — account for 16 per cent of female homicides and 11.3 per cent of missing women.

In Saskatchewan, aboriginal women make up 55 per cent of homicide victims, the highest of all provinces; the RCMP report found 153 aboriginal women were murdered between 1980 and 2012. THE CANADIAN PRESS

APPENDIX B
to Letter L-43-14

PUBLIC NOTICE

INFORMATIONAL PRESENTATION & REVIEW WORKING SESSION
BRITISH COLUMBIA UTILITIES COMMISSION

BRITISH COLUMBIA UTILITIES COMMISSION

INSURANCE CORPORATION OF BRITISH COLUMBIA
AN APPLICATION FOR APPROVAL OF THE REVENUE REQUIREMENTS
FOR UNIVERSAL COMPULSORY AUTOMOBILE INSURANCE
FOR THE POLICY YEAR COMMENCING NOVEMBER 1, 2014

Special Direction IC2 to the BC Utilities Commission, BC Regulation 307/2004, as amended (Special Direction IC2) in 2014, requires the Insurance Corporation of British Columbia (ICBC) to file a revenue requirements application annually. On August 29, 2014, ICBC will file a Revenue Requirements Application for Universal Compulsory Automobile (Basic) Insurance.

On May 14, 2014, the Commission issued Order G-63-14 with its Decision that approved a 5.2 percent Basic Insurance permanent rate for Policy Year 2013 effective November 1, 2013. The Commission also established a new Basic Insurance Capital Management Plan. As per *Special Direction IC2* and as part of the rate smoothing framework, the Commission is required to set rates by no more than ±1.5 percent of the previous year's rate change, and must not decrease rates. Accordingly, the ICBC 2014 Revenue Requirements Application requested rate change will be 5.2 percent.

The Commission by Letter L-43-14 established a Preliminary Regulatory Timetable which includes an Informational Presentation and Review Working Session as part of its review of the upcoming ICBC 2014 Revenue Requirements Application.

To view the timetable for this hearing go to www.bcuc.com, select "Current Applications" under "Quick Links" and scroll to "ICBC 2014 Revenue Requirements".

	Informational Presentation ICBC will introduce the Application.	**Review Working Session** ICBC will explain the Application and address matters of interest.
Date: **Time:**	Wednesday, September 10, 2014 9:00 a.m.	Friday, September 26, 2014 9:00 a.m.
Participants:	Open to the public	Interveners and Commission Staff
Location:	Commission Hearing Room 12th Floor, 1125 Howe Street Vancouver, BC V6Z 2K8	

If you wish to participate actively in the review process, you may register as an Intervener or as an Interested Party with the Commission in writing by Monday, September 8, 2014 with the Commission Secretary, using the contact information at the end of this notice. Interveners should identify the issues they intend to pursue as well as the nature and extent of their anticipated involvement in the review process indicating whether they plan to submit matters of interest and/or attend the Review Working Session. Interveners will receive email notice of all correspondence and filed documents. An email address should be provided if available.

Persons not expecting to actively participate, but who have an interest in the proceeding, should register as Interested Parties with the Commission in writing, by Monday, September 8, 2014, identifying their interest in the Application. Interested Parties will receive a copy of the Commission's Decision when issued.

All submissions and/or correspondence received from active participants or the public relating to the Application will be placed on the public record and posted to the Commission's website.

If you wish to attend the public Informational Presentation or the Review Working Session please register with the Commission Secretary using the contact information provided at the end of this notice.

HOW TO REGISTER

You may apply to register to the Commission Secretary by email, electronic submission on the Commission's website, by fax, or by mail using the Commission contact information provided below.

For more information, please visit www.bcuc.com or contact the Commission Secretary at Commission.Secretary@bcuc.com.

VIEW THE DOCUMENTS

The Application and all supporting documentation are available on the Commission's website under "Current Applications" and at the locations below:

British Columbia Utilities Commission	**Insurance Corporation of British Columbia**
Sixth Floor, 900 Howe Street Vancouver, BC V6Z 2N3 Phone: 604-660-4700 Toll Free: 1-800-663-1385 www.bcuc.com	Head Office – 151 West Esplanade, North Vancouver, BC Kelowna – 1720 Springfield Road, Kelowna, BC Prince George – 4001-15th Avenue, Prince George, BC www.icbc.com

Late checkout? That's extra. Vacationers hit with record add-on fees at hotels in U.S.

Forget bad weather, traffic jams and kids asking, "Are we there yet?" The real headache for many travellers is a quickly growing list of hotel surcharges, even for items they never use.

Guaranteeing two queen beds or one king bed will cost you, as will checking in early or checking out late. Don't need the in-room safe? You're likely still paying. And the overpriced can of soda may be the least of your issues with the hotel minibar.

Vacationers in the U.S. are finding it harder to anticipate the true cost of their stay, especially because many of these charges vary from hotel to hotel, even within the same chain.

THE ASSOCIATED PRESS

Extras add up

$2.25B

This year, hotels will take in a record $2.25 billion US in revenue from add-ons, six per cent more than in 2013 and nearly double that of a decade ago, according to a new study released Monday by Hanson.

Market Minute

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Dow Jones: 17,076.87 (+75.65)

Would you like a Whopper with that double-double?

Well, too bad. While Tim Hortons and Burger King may merge, there is 'zero chance' of crossover at the two fast-food chains

A deal between Tim Hortons and Burger King could finally help the coffee and doughnut chain successfully expand into the U.S. market, but it shouldn't mean customers will see any changes when they visit either fast-food chain.

Ken Wong, a marketing expert with Queen's University, said it is all about the U.S. for Tim Hortons.

"They've had some difficulty penetrating the U.S. market with dedicated Tim Hortons franchises and part of that is, of course, that while the brand is one of Canada's strongest, it really doesn't have much resonance in the U.S., especially up against Dunkin' Donuts," Wong said.

The companies confirmed Sunday that they are in talks and that the Oakville, Ont.-based Tim Hortons and the Miami-based Burger King would operate as standalone brands if they were to go ahead with a deal.

Jim Danahy, chief executive of consultancy CustomerLab, says the deal makes sense for Tim Hortons, given that the company has made it clear that it needed a partner on the ground in the U.S.

"They acquire, with this merger, access to the franchisees who own and operate more than 3,500 restaurants in the United States," Danahy said.

"It's access to the people who understand the U.S. market, infrastructure, distribution. It's not an insignificant benefit, and it's one that management said they were looking for."

Despite the sense of patriotism many Canadians may feel while drinking Tim Hortons coffee, the company has been owned by a large U.S. chain before. It was purchased by Wendy's International Inc. in 1995 and spun off from Wendy's in 2006 after becoming a publicly listed company.

But while Tim Hortons dominates the Canadian coffee market, it has struggled to find success in the U.S., and has faced increasing competition at home in recent years from Starbucks Corp. and McDonald's Corp.

After taking over the top job last year, Tim Hortons chief executive Marc Caira launched a wide-ranging review of the company's priorities and ideas that could boost its reputation with both domestic and international consumers.

Tim Hortons has since added new menu items such as a crispy chicken sandwich and side dishes to boost breakfast and lunch sales. But that doesn't mean customers should expect to get a Whopper with their double-double if the deal goes through.

"There's zero chance you'll see Tim Hortons coffee in Burger King restaurants — Tim Hortons is not a well-known brand in the United States; it's not like you're putting Starbucks in there," Danahy said.

"It would have zero benefits for Burger King. It would only serve to make it more difficult for the owners of the company to sell off one or the other at some point in the future (and) that's what private equity is there to do."

THE CANADIAN PRESS

Brewing up big biz

- **Burger King**
  Established in 1954. Headquarters are currently in Miami, with a market capitalization of $11.03 billion US, according to FactSet. It has more than 13,000 restaurants in 98 countries and territories globally.
- **Tim Hortons**
  Established in 1964. Headquarters are currently in Oakville, Ont., with a market capitalization of $10.96 billion US, according to FactSet. It has more than 4,500 restaurants in Canada, the U.S. and the Persian Gulf area.

THE ASSOCIATED PRESS

Left: Getty Images; right: The Associated Press file

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ARE THEY SINGLE? MAYBE, UM, ASK

SHE SAYS

Jessica Napier
metronews.ca

If you're scrolling and swiping through an online dating site or app it's easy to assume that the men and women on screen are in fact available (or at least they're pretending to be) but what happens when you lock eyes with an attractive stranger in real life?

Married couples wear rings as a sign of commitment and to show the world that they're off the market, but there isn't really a universal indicator for available men and women to use to advertise that they're single and ready to mingle.

Back in 2013, Rina Mardahl and Rob Young launched MY Single Band in an attempt to create a wedding ring equivalent for singletons. The colourful silicone wristbands were designed to help men and women indicate their relationship status and attract potential mates. In a press release, Mardahl and Young claimed the bands — priced at around $10 a pop — were "the future of dating" and would "increase new encounters, lower the fear of first introductions, and suit busy modern lifestyles."

Unfortunately, it seems the masses weren't inclined to wear their hearts on their sleeve, or on their wrists. One year later, the mysingleworld.com website is offline and I think it's safe to say that the not-so-subtle wristbands didn't exactly revolutionize the dating landscape in the way the creators had hoped.

Perhaps MY Single Band didn't take off because the product looked so similar to the ubiquitous Livestrong bracelets and other charitable accessories. Or perhaps it was because most people don't want to appear desperate by wearing a brightly coloured rubber wristband that screams "I'm Single!"

Even online, a large percentage of Facebook users choose not to indicate whether they are "Single" or "In a Relationship" out of privacy concerns. Personally I've never been one for public declarations of romantic availability; I just can't imagine going through a painful real-life breakup and then having to log in to my Facebook account to revise my relationship status for my entire extended social circle to see.

Ultimately the easiest way to determine if someone is available is to simply strike up a conversation. It's a daunting task to enquire after a stranger's romantic life, but you'll never know unless you try. And even if the object of your affection turns you down, getting rejected momentarily is certainly less embarrassing than wearing an obnoxious bracelet around 24-7 to broadcast your singledom.

Who knew rubber bracelets wouldn't be cool forever?

Unfortunately, it seems the masses weren't inclined to wear their hearts on their sleeve, or on their wrists.

One in two million

A rare blue lobster is being donated to the Maine State Aquarium. MEGHAN LAPLANTE/THE ASSOCIATED PRESS

Skyler the lobster avoids death by seafood-lover's special due to rare blue colouring

A lobsterman says one of his traps caught a one-in-two-million crustacean: a blue lobster.

WCSH-TV reports Jay LaPlante of the Miss Meghan Lobster Catch company caught the curious creature in Scarborough, Maine, over the weekend.

LaPlante and daughter Meghan were hauling traps when she discovered the bright blue critter.

The story has a happy ending for the lobster. Meghan says she is naming it Skyler and donating it to the Maine State Aquarium, far from any dinner rolls or pats of butter.

The aquarium says it has three other blue lobsters and an orange one.

LaPlante says it's the first time he has caught a blue lobster.

THE ASSOCIATED PRESS

More special than Skyler

According to Wikipedia, lobsters change in colour because of a rare genetic mutation.

- Even rarer is the yellow lobster, the mottled black and orange lobster, the hermaphrodite chimera lobster and the rarest of the rare crustaceans — a colouring found only once in every 100 million lobsters — the albino lobster.

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MetroTube

Da na na na na na na na ...

ANDREW FIFIELD
andrew.fifield@metronews.ca

Sometimes it feels like we'll never crest Peak Batman — that we're stuck with "not the __ we need, but the __ we deserve" forever. And so on. "Why so serious?" you may ask, which is fair enough. But maybe it's time we moved on and found a new totem to bounce our darker pop-culture references off of. Because — wait — pardon me? Somebody was driving what while wearing a cape? OK, fine. The Batman obsession can stay. (YouTube/Tony Cheng)

WARNER BROS

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Breaking Bad and Modern Family get Emmy's love

Emmy Awards. Networks dominate top awards for shows and actors, as tribute to Williams and Weird Al parody draw raves

Weird Al Yankovic performs a parody routine about the top nominees. Musical numbers usually look out of place at the Emmys, and this one was no different. GETTY IMAGES, ALL AR PHOTOS ASSOCIATED PRESS UNLESS OTHERWISE INDICATED

Julia Louis-Dreyfus, best comedy actress for Veep. ASSOCIATED PRESS

Billy Crystal offered a tribute to Robin Williams. GETTY IMAGES

Modern Family won a record-tying fifth best comedy series Emmy Award and a dominant Breaking Bad captured the top drama award and a trio of acting honours in Monday's ceremony, which took a sombre turn as Robin Williams was remembered with restraint and grace by his longtime friend, Billy Crystal.

"He made us laugh. Hard. Every time you saw him," Crystal said of Williams at the conclusion of a tribute to industry members who died last year. "Robin Williams, what a concept."

Bryan Cranston was honoured as best actor in a drama for Breaking Bad, proving that True Detective nominee Matthew McConaughey's movie-star appeal couldn't conquer all.

"I have gratitude for everything that has happened," Cranston said. His victory ties him with four-time best drama actor champ Dennis Franz. Cranston's co-stars Aaron Paula and Anna Gunn were honoured in categories for best drama supporting acting,

"Thank you for this wonderful farewell to our show," creator Vince Gilligan said of the series about a teacher-turned-drug kingpin that ended with a bang.

The Good Wife star Julianna Margulies won the Emmy for best lead actress in a drama series. "What a wonderful time for women on television," Margulies said.

McConaughey was the object of too-handsome jokes by presenter Jimmy Kimmel and adoration by winner Gail Mancuso, honoured as best director for an episode of Modern Family.

"If you don't mind, Matthew McConaughey, I'm gonna make eye contact with you right now," she said from the stage, making good by holding the actor's gaze for much of her speech.

The ceremony honouring the best of TV wasn't shy about playing the movie-star card. "Six minutes to Woody Harrelson" flashed on screen during Colin Bucksey's acceptance speech for best miniseries direction for Fargo.

Harrelson and his True Detective co-star were given time to banter before announcing that Benedict Cumberbatch of Sherlock: His Last Vow was the winner of the best miniseries actor award.

"So you won Oscar, (People magazine's) Sexiest Man Alive and now you want an Emmy, too. Isn't that a little bit greedy?" Harrelson teased his fellow nominee.

Fargo was named best miniseries, and the award for best miniseries actress went to Jessica Lange of American Horror Story: Coven.

Buffering the miniseries awards was a parody routine about top nominees by Weird Al Yankovic. Musical numbers usually look out of place at the Emmys, and this one was no different. Other scripted banter fell flat, although host Seth Meyers kept soldiering on.

CBS' The Big Bang Theory star Jim Parsons was crowned as best comedy series actor, giving him his fourth Emmy and putting him in league with all-time sitcom winners Kelsey Grammer and Michael J. Fox.

ABC's Modern Family, which tied Frasier as the all-time sitcom champ with five statuettes, also captured a best comedy supporting actor trophy for Ty Burrell.

Allison Janney was honoured as best supporting comedy actress for CBS' Mom, adding to the trophy she'd already picked up as guest actress on Masters of Sex.

Julia Louis-Dreyfus, who received her third consecutive best comedy actress Emmy for the political comedy Veep, drew big laughs as she stopped to exchange faux heated kisses with Cranston, who earlier was her co-presenter and who appeared with her on Seinfeld.

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On top of TV

Here are the key winners. For full list, go to metro.ca.

- **Drama Series.** Breaking Bad, AMC
- **Actor, Drama.** Bryan Cranston, Breaking Bad
- **Actress, Drama.** Julianna Margulies, Good Wife
- **Supporting Actor, Drama.** Aaron Paul, Breaking Bad
- **Supporting Actress, Drama.** Anna Gunn, Breaking Bad
- **Comedy Series.** Modern Family, ABC
- **Actor, Comedy.** Jim Parsons, Big Bang Theory
- **Actress, Comedy.** Julia Louis-Dreyfus, Veep, HBO
- **Supporting Actor, Comedy.** Ty Burrell, Modern Family
- **Supporting Actress, Comedy.** Allison Janney, Mom

Milestone moments

- **Jim Parsons of The Big Bang Theory.** Best comedy actor for a fourth time, tying him with Kelsey Grammer and Michael J. Fox.
- **Bryan Cranston, Breaking Bad.** Best drama actor for the fourth time, tying him with drama champ Dennis Franz.

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METRO DISH

OUR TAKE ON THE WORLD OF CELEBRITIES

The Word

Oops! Katy did it again — and Britney loved it

NED EHRBAR
Metro in Hollywood

Some things never change, like Britney Spears' ridiculous fashion sense. What seemed like a terrible idea 13 years ago — matching all-denim ensembles — is still a terrible idea, as Katy Perry proved at the VMAs, teaming up with rapper Riff Raff to don a dress and suit made from poor, mistreated blue jeans in homage to Spears and then-boyfriend Justin Timberlake's infamous red carpet look from the VMAs in 2001. So what did Spears think of the tribute? You might be shocked to learn that she's totally into it. "Just when I thought the denim dress had retired.... you bring it back! You looked amazing," Spears tweeted at Perry.

Taylor Swift ALL PHOTOS: GETTY IMAGES

Lena helps gal-pal Taylor get Swift about what it means to be a feminist

It's a regular old gal-pal lovefest between Taylor Swift and Girls creator Lena Dunham, who just can't say enough nice things about each other. Swift insists that her evolving views on feminism are all thanks to her friendship with Dunham. "As a teenager, I didn't understand that saying you're a feminist is just saying that you hope women and men will have equal rights and equal opportunities. What it seemed to me, the way it was phrased in culture, society, was that you hate men," Swift tells the Guardian. "Becoming friends with Lena — without her preaching to me, but just seeing why she believes what she believes, why she says what she says, why she stands for what she stands for — has made me realize that I've been taking a feminist stance without actually saying so."

Chris's split with old gang ends with a bang bang

So what was behind the nightclub shooting this weekend that put a damper on some pre-VMAs festivities? As one source who's a big fan of understatement puts it, things went south "when a group of men tried to murder Chris Brown." Hate when that happens. According to MediaTakeOut.com, the impetus for the shooting was Brown's recent attempts to change his social scene post-rehab. "Chris used to run with a bunch of gang bangers who were really scary. When he got out (of rehab), he cut them all off," a source tells the website. "I guess they're upset about that."

Chris Brown

The roots of bad hair days

Emotional well-being. Are we being shallow when our mane affects our mood, or is the feeling more complex?

IZABELA SZYDLO
life@metronews.ca

Did you know that gender roles play into how women and men feel during bad hair days? ISTOCK

You can curl it or straighten it, gel it or leave it loose, cut it short or let it grow — all depending on your mood.

Hair is a huge part of our identity, so it is no surprise that a bad hair day can leave us feeling pretty low.

"Understand that this isn't superficial," says Dr. Vivian Diller, a clinical psychologist in New York. "I always remind people that we are raised to associate a head of hair with health, and lack of hair with illness. So, bad hair days actually do make us feel bad."

"Bad" may be an understatement. A Yale University study of men and women ages 17 to 30 concluded that even the thought of a bad hair day made both genders believe they weren't as smart as others.

Socially, men said they felt more nervous and less self-confident, while women reported feeling embarrassed, ashamed and self-conscious when experiencing bad hair days.

Diller attributes these differences to gender identity.

"The commonality of having a bad hair day is people feel out of control," she says.

"Men have a bit more comfort with bad hair days because their identity is more rooted in power. Women's identity, while they have worked very hard to combat it, still goes back to their appearance. That's probably hard-wired because of the role that we played in the survival of the species. Women's role was to attract a mate and procreate. Men's role was to take care of everybody."

And while Diller says the old adage "what's on the inside counts" is true, so is another saying: "When you look good you feel good, but when you feel good you also look better," she says. "There is definitely a feedback loop."

Does that mean we have become a more narcissistic society? Diller doesn't think so. Instead, she says what has changed is our accessibility to images of "perfection," which plays into our mental crises when our hair refuses to be tamed.

"Hair has always been important," she says, referencing historical figures like Cleopatra with her jet-black tresses and Samson, whose strength was dependant on his locks.

"But the fact that we have social media and imagery that can be altered by the everyday person has put a kind of pressure on looking perfect. If a bad hair day feels like it is going to ruin your whole day or self-esteem, then you are falling victim to this idea that to feel good, we have to be flawless."

Tara Gosling, Toronto-based stylist at Small Talk Barber Shop and Salon, and Jezreel Batson, a barber who owns JB Barber Design in Scarborough, Ont. regularly deal with clients singing the hair day blues.

Gosling says it's vital to remember that a bad hair day is exactly that. "You have to remind yourself that what you're feeling is in your head, and it's temporary," she says. "All it takes is one person to change it with a compliment because what you feel doesn't always reflect what you look like."

Batson, meanwhile, recommends recognizing that while hair is an important part of who you are, it isn't your entire identity. "Having the ability to utilize hair as a component of self-expression adds to a person's holistic well-being," says Batson. "However, being in an industry of trends, I know expression is based on what someone is feeling at the moment, not who the person truly is. Because it can be so easily altered, expression through hair is fleeting — just like a bad hair day."

Tame your mane

Gosling and Batson share their tips to minimize bad hair days.

- **The cut.** "Your hair will change day to day, depending on heat, humidity and the type of shampoo and products you use. But having a haircut that actually suits your lifestyle is key," says Gosling."
- **Consistency.** "Find some sense of consistency with what you feel comfortable with in terms of your style," says Batson. "Every once in a while it's good to be edgy or trendy, but ... usually bad hair days have to do with something that's gone astray from the norm."
- **Focus on other features.** "Putting your hair up shows more of your face, so you can highlight that," says Gosling.
- **Products.** "Products are important because they play a role in terms of hair health," explains Batson. "It's important that you know what ingredients you're putting in."

Seeking volunteers with knee osteoarthritis.
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The Motion Analysis and Biofeedback Lab at the University of British Columbia is seeking volunteers with knee osteoarthritis to participate in a study assessing the effects of different types of custom-fitted shoe orthotics on knee pain and physical function. If eligible, you will be asked to attend 5 sessions at the University assessing different orthotics over a period of 6 months.

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Dealing with varicose veins

BEST HEALTH MINUTE
Bonnie Munday
Editor-in-chief
Best Health Magazine

In the September issue of Best Health, writer Ann Chandler looks at the options for getting rid of varicose veins.

Unlike arteries, our veins contain one-way valves that channel oxygen-depleted blood back toward the heart.

When one or more of those valves malfunctions, blood pools in the vein, often causing bulges, and resulting in varicose veins.

These appear mainly on the legs, and often show themselves as swollen, rope-like bulges on the surface of the skin, though they may cause symptoms before any bulging is visible.

Symptoms, which are often made worse by prolonged standing, include feelings of fatigue, heaviness, and burning and aching in the legs (sometimes accompanied by swelling, itching and discoloration).

Not everyone has symptoms, however.

"People who maintain an active lifestyle may not experience significant discomfort or pain" even in the presence of large, bulging veins, says Dr. Todd Corpus, a phlebologist with the Centre for Vein Care in Toronto. (A phlebologist is a doctor who specializes in veins and their disorders, and is experienced in diagnosing and treating them.)

There are many treatment options, so ask your doctor for a referral to a phlebologist.

One way to treat them is with Endovenous laser ablation (EVLA), which was approved by Health Canada in 2003. It involves releasing heat via a tiny laser fibre inserted into the vein through a catheter.

Dr. Doug Hill, a phlebologist and medical director with the Vein Treatment Centre in Calgary, was one of the first to introduce EVLA to Canada, and he now teaches the technique.

He also told Best Health that future treatments could include injecting steam or a medical glue into the vein, and injecting a hardening agent combined with mechanical irritation, which destroys the affected tissue.

EVLA, which treats large varicose veins, is a safe, 95-per-cent effective and patient-friendly method of treatment that has quickly replaced the older surgical method in most clinics across Canada.

EVLA may not be recommended in rare cases where the vein is tortuous or significantly large as determined by the phlebologist.

There are other options for treating varicose and spider veins, which are small, appear close to the skin's surface and most often occur on the legs and face.

FOR THE FULL ARTICLE, PICK UP THE LATEST ISSUE OF BEST HEALTH, ON NEWSSTANDS NOW. YOU CAN SUBSCRIBE AT BESTHEALTHMAG.CA.

There are a range of options for dealing with varicose veins. ISTOCK

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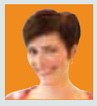

NUTRI-BITES
Theresa Albert
DHN, RNCP
myfriendinfood.com

Talk to Michael Abramson, owner and operator of Yamchops, Toronto's first vegan butcher shop, and he will tell you that he doesn't feel like a weirdo anymore.

While only "six per cent of Canadians call vegetarianism their way of life, 35 per cent of us incorporate meatless meals three days per week or more," he says.

It is a growth market with famous vegans like Bill Clinton, Ellen Degeneres, Paul McCartney and Gwyneth Paltrow lending their voices to the movement.

Needless to say, moving in the direction of plant-based eating is well known, well supported and now, well, delicious.

Abramson's tips for moving in this direction include:

- Make vegan foods familiar in mouth feel and taste to traditional foods.
- Focus on flavour and intensity; bland is brutal in any cuisine.
- Look for the fourth generation of soy: HME (High Moisture Extrusion), which is a soy and pea protein product ready to address any taste.
- Think about cold-press juicing. Cold pressing preserves all of the enzymes and nutrient as no heat, pasteurization or friction interferes with the living tonic.

If you are new to plant-based dining, Abramson suggests that you experiment and explore. Check out ethnic markets for new greens and beans and seek inspiration at places like Yamchops and liven up your regular meals with it.

You can benefit from the experience of those who have come before you.

THERESA ALBERT IS A FOOD COMMUNICATIONS SPECIALIST AND PRIVATE NUTRITIONIST IN TORONTO. SHE IS @THERESAALBERT ON TWITTER AND FOUND DAILY AT MYFRIENDINFOOD.COM

Imitation, the sincerest form of flattery, tastes good as well

Tuna-less Tuna Sandwich. If you're looking to explore vegan dishes, this is a great starting point

THERESA ALBERT
myfriendinfood.com

This recipe serves four. THERESA ALBERT

This high-nutrient, high-protein mixture tastes almost like tuna salad.

It is a great make-ahead item that can be added to sandwiches or salads for a complete meal. It is also a great way to start working more plant based food into your day.

Ingredients

- 3 cups cooked chickpeas (or canned)
- 2 tbsp finely diced red onion
- 1/2 cup finely diced celery
- 1/4 cup chopped pickles
- 1/4 cup rinsed capers
- 2 tbsp nori flakes
- 1 tsp sea salt
- 1/2 tsp black pepper
- 1/2 cup vegannaise or mayonnaise

1. Soak chickpeas overnight (approximately two cups if soaking) or use canned. If using dry, drain and cook in lightly boiling water until tender.

2. Mash chickpeas with a potato masher to break them up to "tuna" size pieces.

3. Add onion, celery, pickles and capers and mix well. Add nori, salt and pepper, vegannaise and mix. Store in fridge up to 3 days. Use as sandwich filling or salad toppings.

RECIPE COURTESY OF YAMCHOPS VEGAN BUTCHER (YAMCHOPS.COM).

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metro
LEARNING CURVE
Tuesday, August 26, 2014

UBC fisheries Prof. Daniel Pauly. MARTIN DEE PHOTO

UBC fisheries campaign receives $2.6M

DANIEL HENDRIKSEN
For Metro

The University of British Columbia's (UBC) Sea Around Us campaign recently received a substantial financial donation from the Paul G. Allen Family Foundation.

The project received $2.6 million US with the goal of providing more accurate and comprehensive fisheries data in Asian and African countries in an attempt to better examine and support their ocean resources and economies.

UBC Fisheries Centre professors Daniel Pauly and Dirk Zeller are leading the project. They plan to produce data and data collection methods to policy-makers and non-governmental organizations working with countries in West Africa, East Africa, the Arab world, and South Asia.

"This generous support will help UBC Fisheries researchers work with countries to better understand the industry's impact on marine ecosystems and its social and economic benefits," UBC president Arvind Gupta said in a media release. "The Paul G. Allen Family Foundation is giving our researchers an exceptional opportunity to work with global communities."

The money will allow researchers to utilize data to address national policies related to four main problem areas: Increased public transparency of access agreements for foreign vessels to fish in a country's waters; improving inadequate methods for recording or estimating fish catches; improving poor policy and management environments for local small-scale fisheries; and illegal fishing by foreign fleets.

"This project is significant for the global fisheries community," Pauly said. "The data collected will help governments make informed national policy decisions by balancing economic growth with resource preservation."

The Sea Around Us project started June 1 and is scheduled to run until June 1, 2016.

The Paul G. Allen Foundation was created by Microsoft co-founder and philanthropist Paul G. Allen and his sister Jody Allen in 1986. To date the foundation has invested nearly half of a billion dollars into improving communities throughout the Pacific Northwest and beyond.

KPU chorus seeking talented singers

DANIEL HENDRIKSEN
For Metro

Gail Suderman, Kwantlen Polytechnic University's director of voice and choral studies, conducts the KPU chorus. CONTRIBUTED

The Kwantlen Polytechnic University (KPU) chorus is searching for talented singers to join its community membership. The musical group is hoping to expand its team, as well as the number and variety of choral works in which it takes part.

The KPU chorus has been entertaining students and faculty and the community for a number of years. According to Gail Suderman, KPU's director of voice and choral studies, the musical group is planning not only to continue to entertain, but expand exponentially.

"We are on the verge of significant growth and we're eager to tap the talent that is all around us in our communities," Suderman said in a press release.

Suderman and the chorus are hoping that interest built off a performance from earlier this year will help the plans to grow. The 60-member chorus, along with members of the Vancouver Symphony Orchestra and the Vancouver Opera Orchestra, put on a successful performance of Mozart to an audience of more than 600 at Fraserview Church in Richmond. The show generated a large volume of interest from local musical organizations and now those groups are wondering if the KPU chorus is interested in future projects.

"It would be such a great experience for our members to work with other musical groups, but in order for that to happen we need to cultivate a large and consistent choir membership beyond our student component," Suderman said.

"While our students are gifted, their participation is dependent on their time here at KPU as they tend to move into careers and other endeavours via their success."

The KPU chorus rehearses Tuesday evenings at the KPU Langley campus, 20901 Langley Bypass. Registration for new members will be held Sept. 2 at 6:45 p.m.

Those interested can contact Suderman at 604-599-3237 or by email at gail.suderman@kpu.ca. To learn more about the KPU music department, visit kpu.ca/arts/music or facebook.com/kwantlenmusic.

Geo-visualization tool gaining attention

A 3D geo-visualization tool co-developed by researchers at Simon Fraser University (SFU) and the University of Prince Edward Island (UPEI) is gaining attention and now competing for an award in the Massachusetts Institute of Technology (MIT)-sponsored, communicating coastal risk and resilience competition.

The SFU/UPEI-made device is a coastal impact visualization environment tool, or CLIVE for short. It was designed in SFU's spatial interface research lab and UPEI's climate lab, and created to assist communities in PEI with their efforts to deal with climate change.

CLIVE allows the public to better understand how ongoing coastal erosion and oceanic thermal expansion can affect where they live.

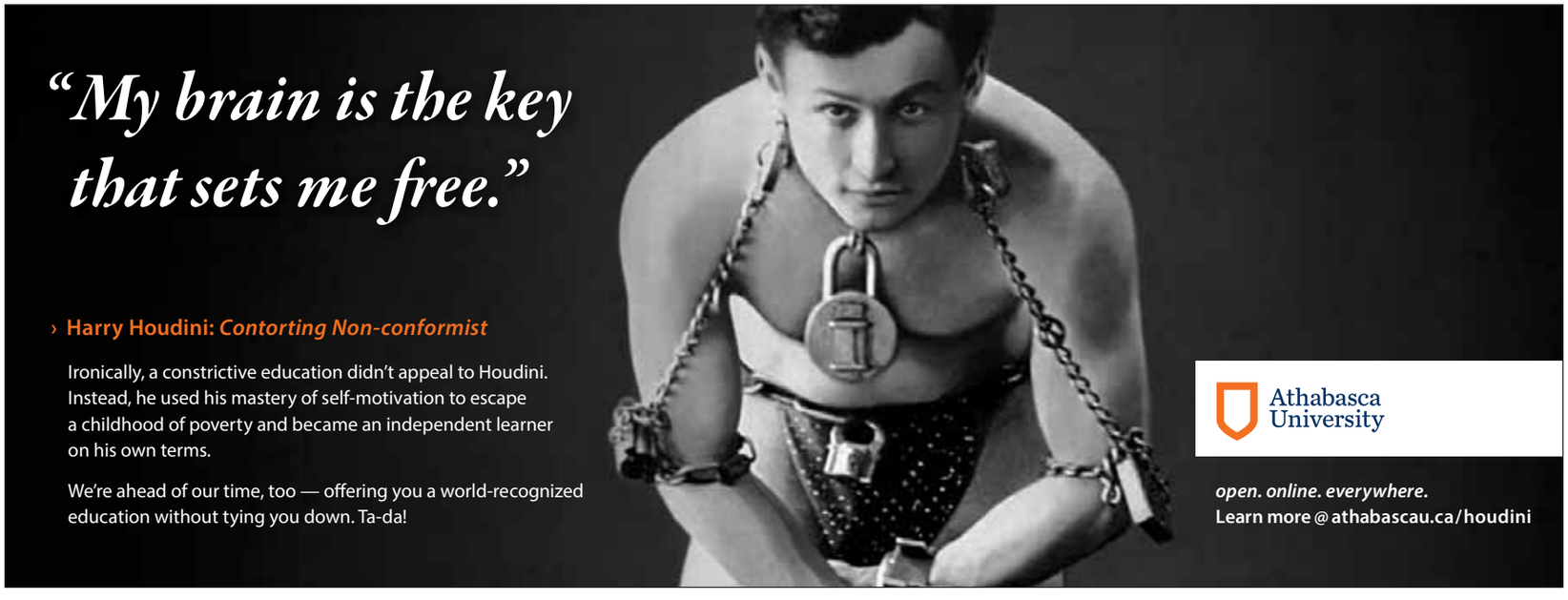
CLIVE was designed by Nick Hedley, SFU geographer, Adam Fenech, UPEI professor and climate change expert, as well as graduate students Alex Chen (SFU) and Andrew Doiron (UPEI). It is one of six finalists in a field of 18 at the MIT competition.

Officials at the National Oceanic and Atmospheric Administration (NOAA) are keeping a close eye on the competition as they look for solutions and tools to help the public understand the risks involved with extreme weather.

"It's fantastic that a small but innovative spatial interface and geo-visualization lab collaborating with a climate change team on the other side of Canada can create a climate change impact tool that is well-received by citizens, government and other groups across PEI," Hedley said in a press release.

"The invention has sparked deep and extensive engagement, a government-sponsored road show, and social mobilization about its use. Acknowledgement in an international competition is icing on the cake."

The top prize in the competition is $10,000 and the opportunity to meet with NOAA staff to discuss their ideas. Winners will also be publicized by the MIT Climate CoLab and invited to showcase their proposals at a conference at MIT in the fall.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JIBC. 12 new sheriffs graduate

Another contingent of deputy sheriffs has been deployed to B.C. courthouses. Twelve new deputy sheriffs will begin their careers in communities across the province after completing 16 weeks of sheriff recruit training (SRT) through the Justice Institute of British Columbia (JIBC).

Seven grads were deployed to the Lower Mainland, while the remaining will be posted to courthouses in Prince George, Campbell River, Port Alberni, and Fort St. John.

"I applaud the commitment and dedication the recruits have shown throughout their training and wish them well in their new career in law enforcement," Suzanne Anton, attorney general and minister of justice, said in a media release. "The graduates will join their B.C. Sheriff Services colleagues across the province in serving our justice system and keeping our courthouses safe."

"Over the last 35 years, the Justice Institute of British Columbia has trained well over 1,000 sheriffs," said Dr. Michel Tarko, JIBC president and CEO. "As Canada's leading public safety educator, we are pleased to provide sheriffs with training to keep B.C.'s courts safe and secure. We are proud of our sheriff graduates for completing their program and wish them well in their new responsibilities."

The 12 new deputy sheriffs come from a variety of different backgrounds.

DANIEL HENDRIKSEN

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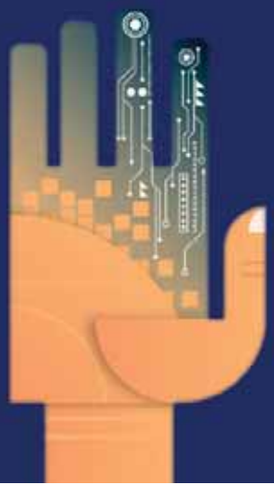

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SFU coach honoured

DANIEL HENDRIKSEN
For Metro

John Buchanan is being honoured with the SFU Chancellor's award. CONTRIBUTED

Throughout his coaching career with Simon Fraser University (SFU) athletics, John Buchanan's teams went to 18 national championships. Thanks to that success and Buchanan's dedication, he is being honoured with the SFU Chancellor's award.

The distinction is bestowed upon those who have provided outstanding commitment and service to the university. Buchanan retired in 1997 after more than 30 years of service, but has continued to volunteer as many as 60 hours per week as head coach of the men's and women's varsity golf teams.

"John Buchanan defines engagement, the quality of being wholeheartedly dedicated to a cause or activity," SFU chancellor Anne Giardini said in a media release.

"His dedication to athletics at SFU has enriched our university environment and has shaped the lives of countless students. We are all grateful to him and enormously proud of him."

Buchanan established the SFU men's soccer team in 1966, and coached it to six straight National Association of Intercollegiate Athletics (NAIA) championships, including the 1976 U.S. national title at the Rose Bowl in California. His sublime coaching wasn't limited to soccer, however. During Buchanan's tenure, the SFU men's golf team won 11 West Coast Region titles, one NAIA championship, and finished second at the NAIA nationals in 1999.

Buchanan also coached at the national and international levels. He was an assistant soccer coach with the B.C. provincial, Canadian world university, and Canadian World Cup teams. Perhaps his highest honour as a coach, however, was at the 1976 Olympics in Montreal where he was an assistant coach with the Canadian national team.

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NYIT announces new dean

New York Institute of Technology (NYIT) announces the appointment of Paul Dangerfield, an experienced senior leader in Canadian higher education, as the new campus dean and executive director of NYIT-Vancouver.

Dangerfield, who has lived and worked around the world, has been a senior executive in military, the private sector, and academic organizations.

"I am honoured to have been chosen to lead NYIT-Vancouver," says Dangerfield. "Our goal is to continue NYIT-Vancouver's growth, including increasing collaborating with NYIT's New York campus and other global campuses."

Since leaving the Canadian military service after a 20-year leadership career, Dangerfield has worked as vice-president for education, research, and international at British Columbia Institute of Technology (BCIT).

Prior to that, he oversaw Capilano University's School of Business as a dean and instructor and was a member of the university's executive team for planning and operations.

"Given his vision and experience, as well as an outstanding reputation for building teams to deliver high-quality, sustainable education, Paul will help us to expand NYIT-Vancouver's reputation and program offerings," says Rahmat Shoureshi, PhD, NYIT provost.

NYIT's Vancouver campus currently offers two master's degree programs: a master's in business administration (MBA), through NYIT's School of Management, and a master's of science in information, network, and computer security through the School of Engineering and Computing Sciences. Visit nyit.edu/canada.

CONTRIBUTED

Native Education College boasts supportive campus

Native Education College (NEC) has been providing education to Aboriginal people for more than 40 years.

It is a supportive, post-secondary learning environment that offers certificate and diploma programs that train individuals to enter the workforce or prepare them for further education at other post-secondary institutes and universities.

As a major part of the school's teachings, cultural elements are added into the programs.

"The cultural element is crucial to Aboriginal students' knowledge of indigenous history and the practice of cultural traditions," says Nadina Dood, spokesperson for NEC.

"It allows students to connect to culture and reclaim their cultural identity and pride."

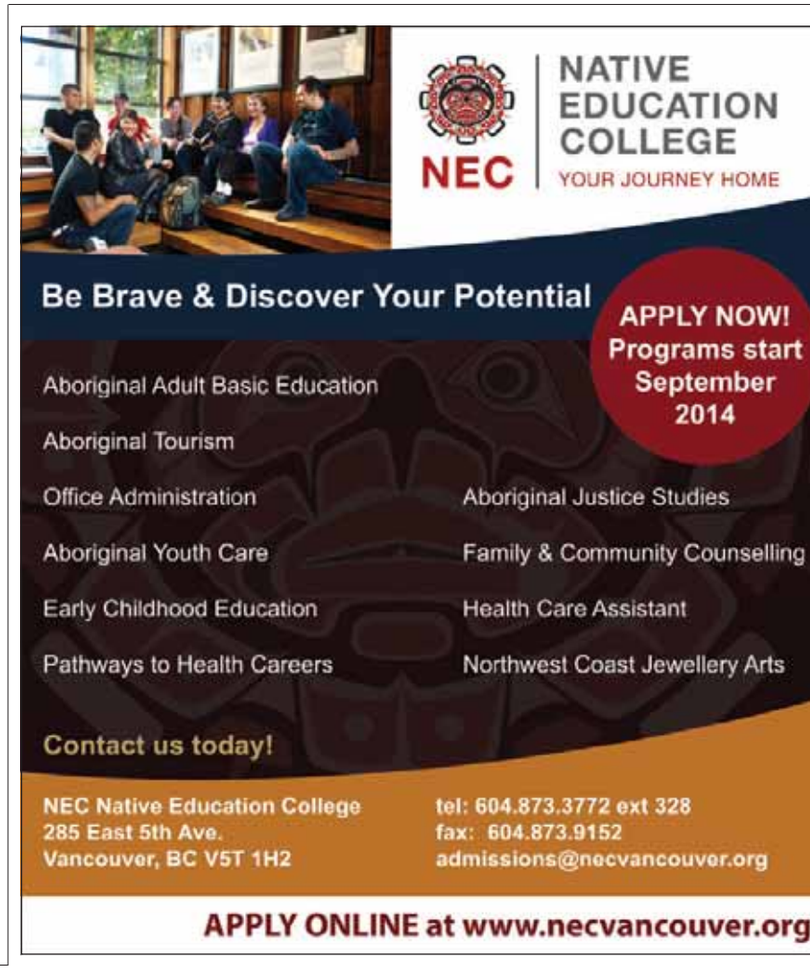
The NEC campus is a beautifully-designed longhouse that supports students' comfort and a sense of belonging.

"I credit NEC and the family and community counselling program for providing me with a home away from home," says Harriet Palma, NEC alumnus.

"I have felt a sense of belonging and sense of confidence in my academic skills which have carried me further along my journey."

To further assist students in being comforted by their surroundings, NEC offers added support through counselling, advising, financial aid, a learning centre, breakfast program, library, athletics, and wellness program, and practicum experiences.

For information, visit necvancouver.org.



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WE'RE OUT THERE. JOIN US.

CONTRIBUTED

Calling all future artists

Are you interested in ways to create, curate, design, explore, and connect? Emily Carr Continuing Studies is inviting all youth aged 15 to 18 with their families to visit Emily Carr University of Art + Design on Granville Island for an afternoon to explore what being a future artist/future designer is all about.

Join them to learn what after school programs Continuing Studies at Emily Carr University has to offer, including the partnerships and programming with the Vancouver Art Gallery, the Contemporary Art Gallery, the Museum of Vancouver, and more. This event will introduce participants to hands-on projects and activities in a variety of mediums and media. Students will meet and greet with practising artists/designers, past participants, faculty, and university staff.

Join us for the launch of our after school teen and youth programs at Emily Carr University, Saturday, Sept. 27, noon to 3:00 p.m. on Granville Island.

If you are interested in ways to create, curate, design, and, explore, visit ecuad.ca.

Give your child the tools to dream big

Everyday, young artists walk out of dance class, theatre rehearsal, and the art studio with smiles plastered from ear to ear. These students are excited to share the stories from their class and talk about their latest creation.

Taking to the stage for a dance recital, working through the lines of a play, and painting whatever your heart desires have one thing in common. They drive your child's energy, focus, and passion into a single task of self-expression. Nothing else in the world matters beyond the canvas.

For these children, art is one of the few things that can actually attract and hold their concentration. After all, it's pretty hard to paint their next greatest creation, while playing Candy Crush.

An arts education helps children develop into well-rounded individuals who are able

CONTRIBUTED

to eloquently express themselves, think critically through a problem, and commit themselves wholeheartedly to achieving any goal.

Arts Umbrella's programs for ages three to 19 in visual, media, and performing arts offer many opportunities for creative discovery. Your child will benefit from exposure to the arts beyond the classroom, no matter where their dreams take them, while experienced and trusted instructors guide them along the way. To learn more about Arts Umbrella programs, visit artsumbrella.com.

YOUR JOURNEY STARTS HERE.
FALL SESSION STARTS SEPTEMBER 15.
Where will your creative journey take you? Join our community where the arts come to life.
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artsUMBRELLA™

FUTURE ARTISTS FUTURE DESIGNERS
emily carr
university of art + design
Saturday September 27, Noon – 3:00 pm
Join us for the launch of our after school
Teen + Youth Programs at Emily Carr University.
Perfect for youth aged 15–18, we invite you to come for an afternoon and explore what being a FUTURE ARTIST FUTURE DESIGNER is all about:
- participate in hands-on projects
- learn what after school programs we have to offer
- meet with practicing artists + designers and past participants
If you are a teen interested in the actions below, then join us!
• CREATE
• CURATE
• DESIGN
• EXPLORE
• CONNECT
PROGRAMS INCLUDE
- The Teen Art Group with the Vancouver Art Gallery
- Y-CAG + Teen Curatorial Group with the Contemporary Art Gallery
- Design: Youth City Lab with the Museum of Vancouver
- Young Artists for Change with Leave Out Violence
teens.ecuad.ca

Do something you're passionate about

School can help you reach your second career

Is it possible to switch careers from performing audits and preparing financial statements to de-boning a chicken, creating the perfect meringue, and chopping vegetables into uniform-sized pieces?

That's the plan, says Celia Clutton, 28, of Mississauga, Ont., who enrolled in Le Cordon Bleu Culinary Arts Institute in Ottawa last June.

Clutton's post secondary education started at York University in Toronto several years ago. She studied accounting and then earned her chartered accountant designation from the Canadian Institute of Chartered Accountants. But after working for a few years, Clutton realized it wasn't what she wanted to do long-term.

Now she's working towards Grand Diplôme® at Le Cordon Bleu Ottawa — and setting her sights on a career in the food business. Her goal is to work for a catering company or large hotel and eventually start her own catering company — where she will combine her cooking and finance skills.

LE CORDON BLEU: AT YOUR SERVICE

Le Cordon Bleu is a famous culinary arts school that was founded in Paris in 1895. Today, it is an international network of culinary arts and hospitality institutes. At the Ottawa campus, students may obtain the internationally recognized Grand Diplôme® in less than a year. For more information, visit lcbottawa.com.

"I love French cuisine, and I thought it would be the best foundation for me in terms of starting a career."

One of the reasons Clutton enjoys the classes is they're small, and there's a lot of one-on-one time with the chef instructors.

"I had some 're-learning' to do ... I learned how to cut an onion properly and how to dice faster.

"In the pastry class, they teach you how to make everything from pies to cakes without relying on thermometers or mixers. Everything's by hand in the first level, and I think that's the best way to go."

Celia Clutton. CONTRIBUTED

Clutton's love of food and cooking came early. At age nine she watched the Food Network after school, often asking her mom to pick up groceries on her way home from work and then cooking the family a meal.

"I believe if you do something you're passionate about it's never going to be a job. You'll always wake up wanting to go to work and looking forward to the next day, and that's how I feel."

Munenori Kawasaki makes the late tag in the 10th as Brock Holt of the Boston Red Sox steals second base on Monday at Rogers Centre in Toronto. TOM SZCZERBOWSKI/GETTY IMAGES

Drooping Blue Jays take one more hit

Late comeback. Three runs in the ninth fire up the Rogers Centre crowd but Red Sox win

Yoenis Cespedes singled home the winning run in the 10th inning Monday night as the Boston Red Sox survived a three-run Toronto comeback in the ninth to defeat the Blue Jays 4-3 and end their eight-game losing streak.

Shortstop Brock Holt singled off Aaron Sanchez (2-1) with one out and then stole second — surviving an instant replay review — and third before Cespedes sent the ball past a diving Munenori Kawasaki with two outs.

Left-hander Craig Breslow pitched the 10th for his first save, despite putting the tying run on via a walk.

Boston (57-74) was in control going into the ninth, with starter Clay Buchholz holding the Jays to two hits over eight innings and homers by Mookie Betts and Dustin Pedroia giving the visitors a 3-0 lead.

Buchholz struck out four and walked two in a near flawless outing that kept the dormant Jays offence in check until the ninth, when he loaded the bases on back-to-back Jose Reyes and Melky Cabrera singles and a Jose Bautista walk with one out.

Closer Koji Uehara was unable to clean up the mess, allowing one run on an Adam Lind forceout and then two more on an Edwin Encarnacion double off the wall to tie the score at 3-3. Uehara (6-4) blew the save but still got the win.

Buchholz had outduelled J.A. Happ, who struck out eight and gave up five hits in six solid innings before a crowd of 26,041 with the roof open at Rogers Centre. But the Jays' left-hander fell victim to the long ball in the fifth inning.

Toronto, which is 6-15 this month, has now lost nine of its last 12 games and 11 of its last 16. THE CANADIAN PRESS

On Monday

4	3
Red Sox	Blue Jays

EPL

Liverpool signs Super Mario

Liverpool signed Italy striker Mario Balotelli from AC Milan on Monday, taking a calculated gamble on a headline-grabbing player known as much for his controversies as his goals.

Nineteen months after ending a 2-1/2-year spell with Manchester City to play for his boyhood club, Balotelli will return to the English Premier League as a replacement for Luis Suarez. THE ASSOCIATED PRESS

Mario Balotelli GETTY IMAGES

Interfaith affair

Pope backs match for peace

Pope Francis is backing an interfaith soccer match aimed at promoting peace and raising money for at-risk kids.

Former Argentina great Javier Zanetti said the idea for the Sept. 1 match in Rome arose during an audience he had with Francis last year.

Argentina coach Gerardo Martino and Arsenal manager Arsene Wenger will put together teams featuring Muslim, Christian, Jewish, Hindu and Buddhist players. Among those who have signed up: Lionel Messi, Filippo Inzaghi, Samuel Eto'o.

THE ASSOCIATED PRESS

Milos Raonic serves against Japan's Taro Daniel. The Canadian beat Daniel in New York on Monday. DARRON CUMMINGS/THE ASSOCIATED PRESS

'My best tennis': Raonic

Milos Raonic emerged as the only Canadian survivor from five starters on opening day at the U.S. Open on Monday.

The fifth seed reached the second round over Japan's Taro Daniel 6-3, 6-2, 7-6 (1).

Raonic had a smooth ride in the first two sets, but hit speed bumps as he tried to serve it out.

The Canadian saved two break points with aces in the 10th game leading 5-4 but hit the net with a backhand to make it 5-5 in the third set. The set went to a tiebreaker where Raonic finally got the job done.

AUGMENTED REALITY

→ Scan the image with the Metro News app for more scores and photos from Monday's matches.

metro AR

→ See the full instructions on Metro's Voices page.

The player from Thornhill, Ont., took just over 90 minutes to earn victory with 20 aces and nearly 60 winners.

"I've been playing my best tennis this year," said Raonic. "I put a lot of focus into this event. I'm glad to be here and start playing."

Vancouver's Vasek Pospisil lost to clay-courter Simone Bolelli 2-6, 6-4, 6-2, 3-6, 6-3. Sharon Fichman of Toronto, Aleksandra Wozniak of Blainville, Que., and Montreal's Francoise Abanda were also eliminated in the women's draw.

THE CANADIAN PRESS

AUGMENTED REALITY

Stuck on 12 Across? Scan this image with your Metro News app for today's crossword and Sudoku answers. It's OK. No one's watching.

metro AR

→ See the full instructions on Metro's Voices page.

Horoscopes by Sally Brompton

♈ Aries
March 21 - April 20
You would be the first to admit there have been times when you worked far too hard. Now your priority must be to respect your limits.

♉ Taurus
April 21 - May 21
You were born with some remarkable talents but have you been making the most of them? You could have done more but you will always get another chance.

♊ Gemini
May 22 - June 21
Don't keep your feelings bottled up inside you. Let them out so they can be dealt with.

♋ Cancer
June 22 - July 23
Activity in the communications area of your chart will make it easy for you to find the right words — but will you use them the right way?

♌ Leo
July 24 - Aug. 23
You need to cut through the fog of misinformation and get to the root of whatever problem it is that is bothering you. Most likely you will find it is no problem at all.

♍ Virgo
Aug. 24 - Sept. 23
The Sun and Mercury in your sign will concentrate your mind and help you focus on what is truly important. But attitude is important too.

♎ Libra
Sept. 24 - Oct. 23
You need to make a decision of some kind and it is the kind of decision you have to reach on your own. Not everyone will approve but that's irrelevant.

♏ Scorpio
Oct. 24 - Nov. 22
Try to find common ground with a group of people you have not always seen eye-to-eye with in the past. You actually share many things in common.

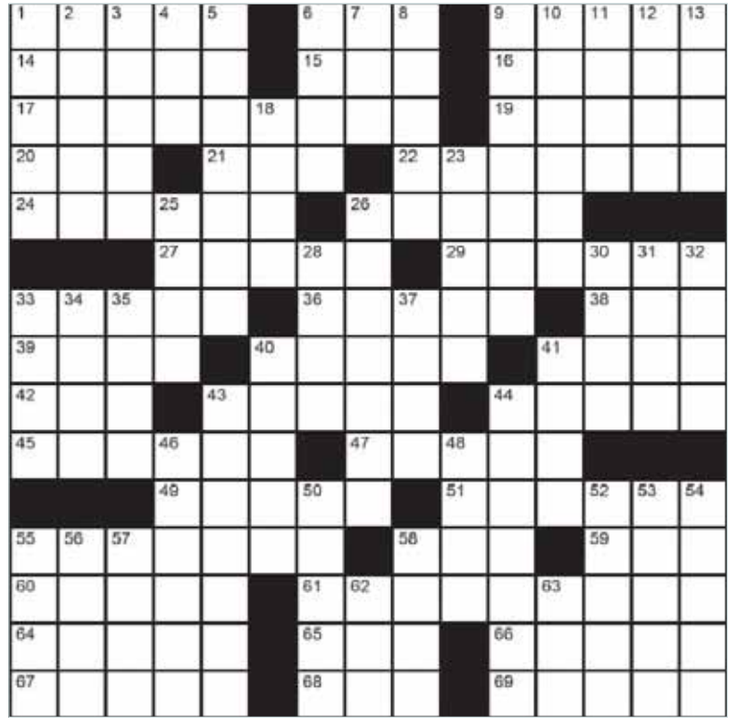
♐ Sagittarius
Nov. 23 - Dec. 21
The Sun in the career area of your chart will boost your professional standing in some way over the next few weeks. If a new job offer comes along you must give it consideration.

♑ Capricorn
Dec. 22 - Jan. 20
Do you have the courage to take a different course between now and the end of the year? According to the planets there will be rewards aplenty if you do.

♒ Aquarius
Jan. 21 - Feb. 19
Cosmic activity in the area of your chart that governs joint financial matters indicates that you could be on the receiving end of a windfall over the next few days.

♓ Pisces
Feb. 20 - March 20
Let family and friends know how much you care for them. You will find it easy to say the things that bring smiles to their faces.

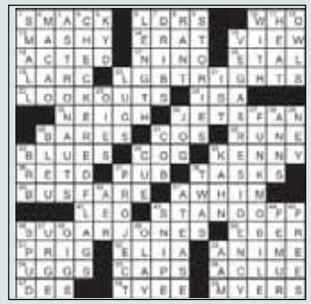
Crossword: Canada Across and Down by Kelly Ann Buchanan



Across
1. Sheathes, as with metal
6. Floor cleaner
9. "Hart of Dixie" American cable channel, ___
14. RR = __ Route
15. _ __ vapeur (Steamed, restaurant-style)
16. __/Grindstone Provincial Park, in Manitoba
17. ALS __ __ Challenge
19. Entree enjoyer
20. Victorian __
21. Muck
22. Cafe's cousin
24. Vancouver: Emily Carr University of Art + __
26. Lively rhythms
27. Movie dog
29. Mount __ (Antarctica volcano)
33. "The Facts of Life" character
36. Toronto band, Death From __ 1979
38. Mountain extract
39. Also-__
40. Skyfall singer
41. __ Park, in Hamilton
42. Army __
43. Got word
44. Dessert apple's status
45. __ the Gopher, Saskatchewan Roughriders mascot
47. Attempt
49. How canned seafood can be packed: 2 wds.
51. Blink-182 drummer Mr. Barker
55. Detox
58. Comparative suffix
59. "It's _ __ brainer!"
60. Actress Christina
61. Ryan Reynolds 2002 National Lampoon title role: 2 wds.
64. Put one's __ __ (Meddle)
65. "C'__ la vie!"
66. Overwork
67. Squeezed, as the wet rag
68. Pi's follower
69. Grimes

Down
1. Wept
2. Ill-gotten money
3. Domains
4. Smidgen
5. Homeruns getter
6. Kind of shark
7. Certain cheer!
8. "Because the Night" songstress Ms. Smith
9. National __ School of Canada, in Montreal
10. Sad procession transport
11. __-1, "Ghostbusters" (1984) vehicle
12. Liz Taylor role in '63
13. Hot
18. Hartford, __.
23. Student: French
25. Nile wader
26. Justin Trudeau's party
28. Will Smith's wife
30. Wild pig
31. Encourage
32. "The Bad __" (1956)
33. Be boastful
34. Ms. Turner
35. __-inflammatory
37. Alberta town
40. Bubbly bars
41. Spanish painter
43. Canadian magician, Doug __ (b.1947 - d.2000)
44. Canadian Literature: Alice Munro's __ Away
46. B-vitamin family member
48. Goulash
50. Drake's "Best _ __ Had"
52. Darth of Sci-Fi
53. Sluggish
54. Varieties
55. Boast
56. Prevaricator
57. Neutral tone
58. Call __ question
62. Grey hue
63. Nero's 61

Friday's Crossword



Online

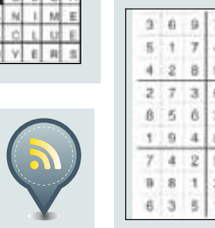
See today's answers at metronews.ca/answers

Sudoku

How to play
Fill in the grid, so that every row, every column and every 3x3 box contains the digits 1-9. There is no math involved.

	6			5		1	4	
	1			6	8		9	
	2	8	9			6		
2	7			4				
8	5		3		9		2	7
				2			5	6
		2			3	9	6	
	8		2	7			3	
	3	5		9			8	

Friday's Sudoku



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‘MIRACLE MOLECULE’ SUPERCHARGES CIRCULATION, PROMISING BETTER BLOOD FLOW, BLOOD PRESSURE AND INCREASED MENTAL CLARITY & STAMINA!

Are you concerned with high blood pressure or cholesterol, a lack of stamina and energy, a dip in libido and physical performance,or the increase of “senior moments?” The answer to living without these health concerns has been discovered in what scientists are calling the most important health breakthrough of our time. The discovery starts with nitric oxide (N-O)!

OVER 40 LOSING CRUCIAL RESERVES

N-O is a natural substance produced by the body that has amazing effects on health and circulation. The American Heart Association published one of many studies showing that many people over 40 don’t produce enough N-O. In fact, your body produces less than half of what it did at 20.

NOBEL PRIZE WINNING DISCOVERY

Three researchers received the prestigious Nobel Prize for this discovery. One of the winners says, “There may be no disease process where this miracle molecule does not have a protective role”.

GOOD NEWS FOR BOOMERS!

Researchers reported that N-O helps with energy levels, blood pressure, cholesterol, joint discomfort, and assisted in strengthening the immune system.

90-SECOND CIRCULATION BOOSTER

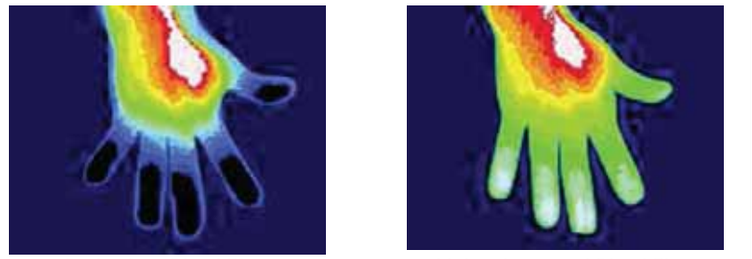
Based on the research of Dr. Nathan S. Bryan, PhD, who lectures to doctors around the world about Nitric Oxide, Neogenis® Labs has created a revolutionary lozenge, called Neo 40 daily, that makes it easy to restore N-O levels. This “fast-dissolve” lozenge restores your N-O to youthful levels by dissolving within 90 seconds and begins to work immediately, which leads to better circulation, for many in as little as 20 minutes.

BETTER CIRCULATION TO WHOLE BODY

Better circulation helps increase stamina, maximizes metabolism, helps manage stress and maintains healthy sexual function. Healthy N-O levels also promote better blood pressure and cholesterol as a result of improved circulation to all major organs.

SURPRISE BENEFITS FOR MEN & WOMEN

“Adequate amounts of Nitric Oxide insure sufficient amounts of blood to flow to the extremities, especially the penis, resulting in an erection. The same applies to women; without proper blood flow to the clitoris, orgasms are difficult,” says Dr. Bryan.



Dark = Low Blood Flow **Light = Increased Blood Flow**

Actual Thermographic Image of Hand shows circulation in hands before and after taking Neo 40 daily. On the Left, the fingertips are almost black showing little blood flow. On the Right, lighter colored fingers show increased blood flow after only 20 minutes.

A boost in Nitric Oxide levels may equal increased sexual sensitivity for men and women. Tammy from Ontario said, “The first night after my first dose I had improved circulation in my hands. I find the increased circulation is a definite benefit in the bedroom.” “We noticed a difference in my husband’s erections within a week. We can’t believe how well it works,” reports pleased wife Marion S., of New York.

NATURAL RESULTS YOU CAN FEEL

Lee L., from CA was stunned with her results. “I have had knee, leg and shoulder problems for over 10 years. The pain has deprived me of sleep for months!

Ronald D. TX explains, “The results were noticeable overnight. I had more energy and was able to focus more readily.”

BEET & BERRY COMBO BOOSTS N-O

Neo 40 daily proprietary combination of N-O boosting nutrients: amino acids, B Vitamins, Vitamin C, and Magnesium are specially formulated with the patent pending combination of red beet and hawthorn berry. The natural chemistry between them generates Nitric Oxide when dissolved in the mouth. The result is increased oxygen delivery, improved vascular function, enhanced sexual enjoyment, and protection against free radicals.

BOOST BLOOD FLOW & OXYGEN STARTING IN 20 MINUTES!

“I recommend this lozenge because it helps the body restore N-O, which leads to healthy circulation; for most in as little as 20 minutes,” affirms Dr. Bryan. The result is increased oxygen delivery, heightened immune function, improved vascular function, and enhanced sexual enjoyment

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CLINICALLY SHOWN TO HELP YOUR BODY:

- Reduce triglyceride levels (27% average in 30 days)
- Support healthy blood pressure
- Support cardiovascular and heart health
- Improve sexual performance through improved circulation
- Increase the body’s circulation
- Improve artery health

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